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3

DAIRY PRODUCTS

COMPLETE

YOUR

DAILY MEALS





HOW DO THESE MEALS RATE ?

Breakfast

Citrus fruit—sliced orange

Egg—poached

Bread—toast

Lunch

**Sandwich—tomato, bacon, lettuce
on whole-wheat bread**

Salad—cole slaw

Fruit—baked apple

Dinner

Meat—steak

Potato—baked

Green vegetable—peas

Salad—lettuce, French dressing

Bread—hot roll

OPEN THIS FOLD FIRST

. . . NOW HOW DO THEY RATE ?

Breakfast

Citrus fruit—sliced orange

Egg—poached

Bread—*buttered* toast

Milk

Lunch

Sandwich—cheese, tomato, bacon,
lettuce on *buttered* whole-wheat bread

Salad—cole slaw

Fruit—baked apple

Milk

Dinner

Meat—steak

Potato—baked and *buttered*

Green vegetable—*buttered* peas

Salad—lettuce, French dressing

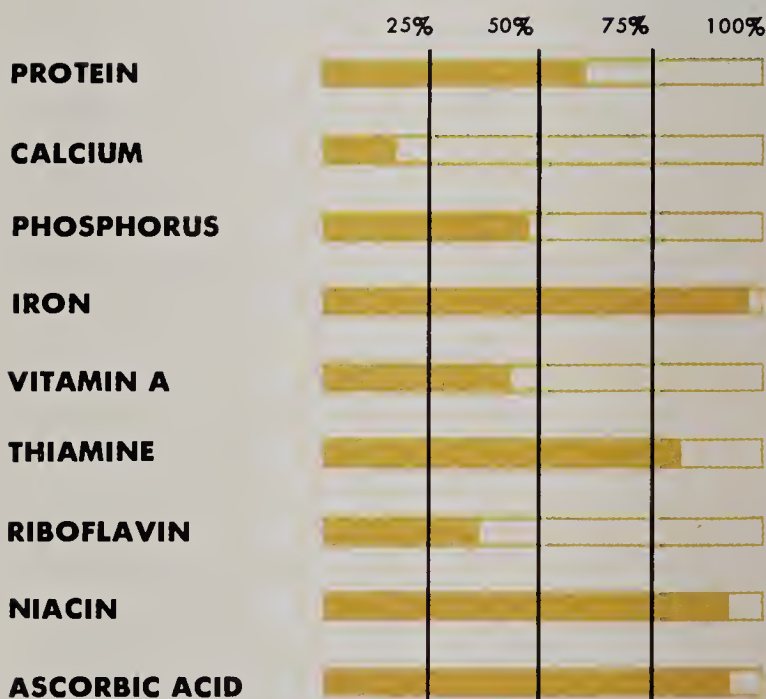
Bread—hot roll and *butter*

Milk and Ice Cream



THESE ARE GOOD FOODS

BUT SOMETHING'S MISSING!



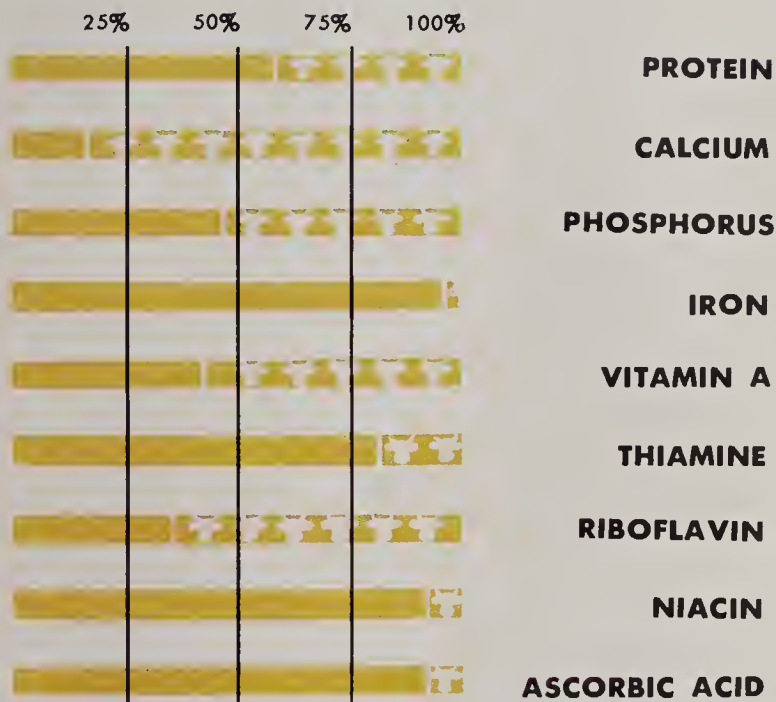
THE BARS Indicate nine food essentials in amounts a person needs daily. Each bar would be colored all the way if the day's meals were complete. Now see what happens with dairy products included!





DAIRY PRODUCTS

COMPLETE YOUR DAILY MEALS



THE COMPLETE BARS stand for 100 percent of the nine food essentials contained in the meals with dairy products as illustrated. The tiny cows mark the contribution of the dairy products.

THE DAY'S MEALS furnish 2700 calories and are adequate in food essentials for the average adult and child. Adolescents need all this and more for rapid growth. SOURCE OF DATA: Recommended Dietary Allowances National Research Council. Recent reliable food composition tables.

A PRACTICAL APPLICATION

1

The chart shows the importance of dairy products in nutritionally adequate meals even though other foods are well chosen.

2

A day's meals, planned by recommended dietary standards and consisting of commonly popular foods, are pictured and analyzed in nine food essentials.

3

The meals represent good choice in a variety of foods, yet—as the bars show clearly—the contributions made by the dairy products, milk, cheese, butter, ice cream, are of large importance in making the meals adequate.

4

Of course dairy products may be used in many ways. These meals show one way. They include 3 glasses of milk to drink, 3½ tablespoons of butter on bread and vegetables, 1 ounce of cheese in a sandwich, and 1 serving, $\frac{2}{3}$ cup, of ice cream.

5

The dairy products provide 43% of the calories, 40% of the protein, 83% of the calcium, 53% of the phosphorus, 4% of the iron, 56% of the vitamin A, 19% of the thiamine, 64% of the riboflavin, 6% of the niacin, and 6% of the ascorbic acid in the day's meals.

6

The adolescent and the active adult may need more calories and more of some food factors than these meals provide. Dairy products in even larger amounts are desirable to complete their daily meals and desirable also to help meet nutrient needs during pregnancy and lactation.